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Study of the Attitude of Adolescents Towards Sex Education

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KEYWORDS :

Sex education is a broad term used to describe education about human sexual anatomy, sexual anatomy, sexual reproduction and other aspects of human sexual behavior. Sex education stands for protection, presentation, extension, improvement and development of family based an accepted ethical ideas. Sex Education is an instruction in various physiological, psychological and sociological aspects of sexual response and sexual reproduction. Sex Education is the necessary to prepare the young for task ahead. Sex education is the information about sex and sexual relationships that adults teach to young people.. Thus, the programs provide information about abstinence and contraceptive methods and include discussions about abortion, STDs, and HIV. Proponents of CSE argue that it is important not only to promote abstinence, but also to provide teens with the information and skills to protect themselves from poor sexual health outcomes if they choose to engage in sexual activity. **Wilhelm Reich** defined that "sex education of his time was a work of deception focusing on biology while concealing excitement-arousal, which is what a pubescent individual is mostly interested in. this emphasis obscures what he believed to be a basic psychological principle: that all worries and difficulties originate from unsatisfied sexual impulses. **Calderone defined** that, "The answer to adolescents, sexual woes and pregnancy can not lie primarily in school programmers which at best can only; what is needed is prevention education and as such parents should be involved." **Bennett & Assefi (2005)** found that among the three abstinence-only programs, two reported no change in the onset of sexual activity, while one reported a positive effect. **Mahajan (2005)** found that Parents were generally uncomfortable in talking to their children about human sexuality and mothers were reluctant to talk about sex education to their daughter as they found it embarrassing to discuss their issues. **(Allen 2005, p.389)**, with decreases in unplanned pregnancies and other negative/unwanted' (p.389) adolescent sexual behaviors high on the list of predetermined outcomes. Outcomes of this nature are the product of biological, fact-based models of sex education which operate on the assumption that once adolescents are given the biological facts about sexual health risks, their attitudes and behaviors will change and they will avoid high risk sexual behaviors. Attitude is a way of thinking of things, persons, forms of readiness, like and dislike for objects and certain values. It can be positive as well as negative. Attitude determines for each individual what he will see and hear, what he will think and what he will do. Attitude is powerful of source of motivation and is capable of arousing and sustaining concentrated efforts. They determine our pattern of life as well as our success and happiness. They not only determine the conclusion one desire form the facts but also influence the very facts one is willing to accept. Attitude is an important key in understanding the long range organization of behavior. The prominent role of attitudes in determining and learning process has been studied by various psychologists. Attitude denotes inner feelings or beliefs of a persons towards a particular phenomenon. Attitude guide our behavior and affect action more than knowledge. But it is equally essential for the full and wholesome education of the individual. Thus, attitudes play a significant role in determining success or failure in ones pursuit in any field. Adolescence is considered as a period when marked and rapid changes occur in many aspects of personality. Suddenly, the child becomes a new being and develops a new outlook. Adolescence is a marginal situation which differentiates the childhood behavior from adulthood period and is considered to be critical period in the life of an individual. It is a transitional period of life between childhood and adulthood. Various physical changes(e.g. growth spurts, maturation of reproductive organs, emergence

of secondary sex characteristics) and psychological developments like emergence of logical thinking increased interests in sexuality and opposite sex, preoccupation with the issues of identity, developments of self concept, increased peer conformity and responsibility have been identified as indicators of an adolescents. There is no sharp chronological boundaries fixed to this but usually it falls in the age group of 13-19 years. It has also been said that adolescent is an awkward, graceful, respectful, selfish, narrow minded, sympathetic and crucial individual. During adolescence period upheaval comes in all inherited and environmental elements which are further responsible to construct the image of the self. With an all-round maturation of the child, the concept also firms up. There is better understanding of one's subjective and objective self received instruction on contraception prior to initiating sexual activity. **Youth Risk Behaviour survey (YRBS) (2007)** conducted by the centers for disease control and prevention on a nationally representative sample of high school students revealed that approximately one half (47.8%) of high school in the u. s. reported ever having sexual intercourse, with 7.1% initiating sexual intercourse prior to the age of 13 and two-thirds (64.6%) becoming sexually active by their senior year in high school.

STATEMENT OF THE PROBLEM

STUDY OF THE ATTITUDE OF ADOLESCENTS TOWARDS SEX EDUCATION

JUSTIFICATION OF THE STUDY

This is the primary responsibility of all those who feel for the younger generation as they are an important segment of the society not only because of their sheer number but due to their potential contributions in the future. Youth sexuality needs to be geared in a positive way for both boys and girls to give it a meaning. It is an investment for their future as adults, for the children they will have and for society as a whole. But before taking any step towards sex education it is most essential to study the attitudes of adolescents towards sex education so that their attitude may be changed if required. If it is not changed, imparting sex education may lead to experimentation with sex and other such consequences. It is important to have positive attitude towards sex education so that adolescents may feel comfortable while receiving sex education and can learn about sexuality without hesitation.

OBJECTIVES

- To Study the attitude of adolescents towards sex education
- To Study and Compare attitude of male and female adolescents students towards sex education.
- To Study and Compare attitude of rural male and female adolescents students towards sex education.
- To Study and Compare attitude of urban male and female adolescents students towards sex education
- To Study and Compare attitude of urban and rural male adolescents students towards sex education.
- To Study and Compare attitude of urban and rural female adolescents students towards sex education.

HYPOTHESES

The attitude of adolescents towards sex education is low.

- There will be no significant difference in the attitude of adolescents male and female towards sex education.
- There will be no significant difference in the attitude of rural male and female adolescents towards sex education.

- There will be no significant difference in the attitude of urban male and female towards sex education.
- There will be no significant difference in the attitude of rural and urban male towards sex education.
- There will be no significant difference in the attitude of rural and urban female towards sex education.

FINDINGS OF THE STUDY

Findings of the study revealed that there is a positive and significant relationship between attitude of male adolescents towards sex education as compared to female sex education.

- The study also reveals that there is a positive and significant relationship between attitude of urban male adolescents towards sex educations compared to rural male adolescents.
- The present study of the result that there is a significant difference of male and female attitude towards sex education.
- The male rural adolescent attitude about sex education is good compare to the rural female adolescents.
- The male urban adolescent attitude about sex education is good compare to the urban female adolescents.
- The male urban adolescent attitude about sex education is good compare to the rural male adolescents.
- The female urban adolescent attitude about sex education is good compare to the rural female adolescents.
- The urban male and female is adolescent about sex education is good compare to the rural male and female adolescents.

EDUCATIONAL IMPLICATIONS

Findings of the research conducted in a middle school setting with eighth grade students indicate that the majority of students have received a comprehensive sexual education curriculum. Further research on the different sexual education programs taught in schools needs to continually be explored. There are always federal funds and budget cuts that make teaching a solid, well-rounded curriculum difficult. Also, because the results of this study are limited due to a small sample of participants in the school system, a larger and more diverse sample size is needed for more generalized results. Furthermore, since this study was based on results from a self-report instrument, further research which combines both formal (i.e., standardized instruments) and informal (i.e., interviews, observations) research tools is needed to fully gain the knowledge of the different programs that are being taught and what is working. Future research is also recommended to identify if all students are receiving the same curriculum or how schools are differentiating their curriculums to meet the needs of those who may be in special education.

SUGGESTIONS FOR FURTHER STUDY

The success in the solution of the problem tends to indicate others unsolved problems needing a scientific problem and also every investigator after completing his research work may be feel inspired to do more research. Therefore present study opens up avenues for further research are briefly listed below:

The present study was conducted on the sample of 200 adolescents. A similar study may be conducted on a large sample for broader generalization.

The present investigation was confined to Ludhiana district only. A similar study may be conducted to other districts of the Punjab.

The present study was conducted to analyse the relation of sex education of adolescents. Other variables like attitude of parents and teachers can be taken for further investigation.

The present investigation was confined to Punjab state. A similar study may be conducted to other state of the India.

The present investigation was confined to adolescents. A similar study may be conducted to adults and old age people.

The present investigation was confined to adolescents. A similar study may be conducted to the teacher and parents.

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